

What is Tai Chi?

Tai chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life.

Tai chi can be done almost anywhere and is suitable for individuals at all fitness levels.

About Master Trainer Linda Ebeling

Linda's tai chi journey began with the study of Qigong and the Five Animal Frolics. Her current practice includes Sun, Yang and Chen style tai chi as well as several forms of Qigong.

A movement and fitness instructor for over 16 years, Linda also has a teaching background in Secondary Education. She is a Master Trainer for Tai Chi for Health, serves on the board of Tai Chi for Health Community and has been the Scholarship Committee Chairperson for TCHC since 2013. One of the few certified instructors of Radiant Lotus Qigong in the US, she is also a Reiki level 2 practitioner and is a former member of the MS Wellness Professionals Task Force.

Linda likes to help her students discover how Tai Chi and qigong can empower them to take an active role in bringing balance to their health and lives.

The Tai Chi for Health Institute is approved to provide CE hours for the American College of Sports Medicine (ACSM). These CE's are approved for ACSM-certified professionals and many medical and allied health care professionals. Certificates with CE hours for certain professional certification and licensure renewals are available for \$25 (to be paid at the workshop).



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Why Tai Chi for Arthritis?

Tai Chi for Arthritis (TCA) is a program designed by Dr. Paul Lam, in conjunction with a team of medial experts and tai chi masters. Using the Sun style of tai chi, the TCA program is easy to learn, safe and effective.

Research indicates that participation in weekly, community-based tai chi classes can reduce falls in community-dwelling older adults and suggests TCA is an effective and sustainable public health intervention for falls prevention.

The Iowa Falls Prevention Coalition and Iowa departments of Aging and Health are working together to increase the number of evidence-based falls prevention tai chi classes offered across Iowa. To do so, ore certified TCA instructors are needed to provide classes throughout the state. Please consider joining us in the effort to decrease falls in Iowa and improve the overall health of our state by becoming a certified TCA instructor.

Tai Chi for Arthritis & Falls Prevention Instructor Training Workshop

Facilitated by Master Trainer
Linda Ebeling

April 8 - 9, 2017
Fort Dodge, Iowa

(Recertification on April 9)

Continuing Education Credits Available

Who Should Attend the TCA Instructor Training Workshop?

This workshop is designed for tai chi teachers or advanced students; occupational or physical therapists; health professionals (RN, MD, ATC, DC, etc.); certified exercise instructors or fitness trainers; and other individuals with similar health and fitness backgrounds.

What Will Participants Learn?

After this workshop, participants will be able to:

- Demonstrate the TCA form and its warm-up and cool-down;
- Describe practical ways to integrate tai chi principles into existing interventions, exercises and activities;
- Differentiate ways to safely modify tai chi movements for an individual's capabilities and limitations;
- Demonstrate how to teach tai chi, or any therapeutic movements, using the Stepwise Progressive Teaching Method; and
- Describe ways to use sequenced tai chi movements to help improve physical and psychological functional performance.

Steps to Becoming a TCA Instructor

1. Watch TCA DVD and practice forms before attending the TCA Instructor Training Workshop.
2. Obtain a valid CPR certificate from an accredited course before teaching a TCA class.
3. Pass the workshop post-test.
4. Achieve 32 hours of practicing the form after attending the workshop:
 - 16 hours under a TCA-certified instructor
 - 16 hours of practice with DVD

TCA Instructor Training Workshop Details

DATES & TIMES:

TCA – April 8 - 9, 2017
Recertification: April 9, 2017
9 a.m. - 5 p.m.
(Check-in starts at 8:30 a.m.)

LOCATION:

Friendship Haven
420 Kenyon Rd.
Fort Dodge, IA 50501

MASTER TRAINER:

Linda Ebeling

WHAT TO WEAR:

Loose, comfortable clothing with
flat shoes suitable for exercise.

WAIVERS:

Each participant will sign a Waiver & Release Form before taking part in this workshop.

DVD:

Participants are to view the DVD before attending the training and become familiar with the first six movements.

COST OF TRAINING INCLUDES:

- Tai Chi for Arthritis DVD
 - Book: *Teaching Tai Chi Effectively*
 - Tai Chi for Arthritis Certificate
 - Discount on Tai Chi Productions items
 - Refreshments at morning and afternoon breaks
- LUNCH ON YOUR OWN -

TCA Instructor Training Workshop Registration

The registration deadline for this workshop is March 25, 2017.

Register online at:

<https://www.trainingresources.org/events.aspx>

Or, you may call (515) 309-3315

Cost of training is \$65.

Cost of recertification only is \$30.

If you wish to receive a CEU certificate, please bring \$25 (cash or check) to the workshop.